



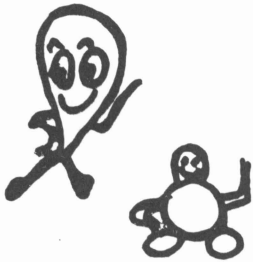
FAMILY NUTRITION NEWS

Holiday Sweets



Dear Homemaker,

*Everyone enjoys eating sweets like pie, breads and cookies during the holidays. On the other side of this letter are some very tasty recipes for you to fix for your family. Not only do these recipes taste good and provide energy, but they are loaded with nutrients like **PROTEIN** and **MINERALS**.*



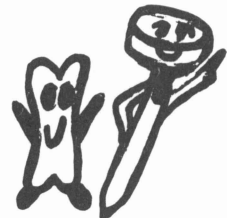
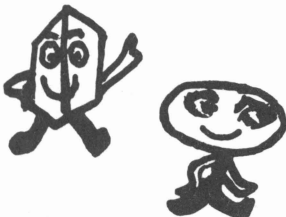
*Plan other foods to eat with these foods so that you will get some foods from all the Basic 4 food groups: **MILK**, **MEAT**, **FRUIT-VEGETABLE** and **BREAD-CEREAL**.*

Try this holiday meal:

Roast Turkey or Chicken
Green Beans Candied Sweet Potatoes
Pickles
*Pop-Top Cheese Bread
*Oatmeal Pie
Iced Tea or Coffee

Sincerely,

Name and title



Holidays Call For Sweets!



POP-TOP CHEESE BREAD

3¼ cups flour	1 cup shredded Cheddar cheese
1 package dry yeast	1/3 cup sugar
½ cup milk	1 teaspoon salt
½ cup water	2 eggs
½ cup cooking oil	

Stir together 1½ cups flour and the yeast. Heat the milk, water, oil, sugar and salt to a little warmer than lukewarm, but not hot. Stir warmed liquid into flour and yeast mixture. Beat 2 minutes. Blend in cheese, eggs, and enough of the remaining flour to make a stiff batter. Beat 1 minute at medium speed. Divide into 2 well-greased coffee cans (1 lb.), cover with plastic lids and let rise till dough is ½ inch from top of the can. Remove lids and bake 35 minutes or until brown in 375° F. oven. Cool in cans 5 minutes before removing.

MORE INFORMATION . . .

PIE CRUST

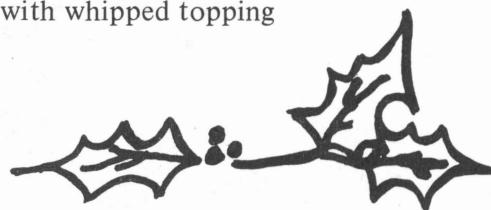
1 cup all-purpose flour	½ teaspoon salt
¼ cup water	1/3 cup shortening

Mix together flour and salt. Cut in shortening. Add water to form a ball.

OATMEAL PIE (Just like Pecan Pie)

1 9-inch pie crust	1 teaspoon vanilla
¾ cup brown sugar	¾ cup rolled oats or oatmeal
¾ cup white syrup	1/3 cup coconut (optional)
¼ cup shortening, melted	2 eggs (or 1/3 cup egg mix and 1/3 cup water)

Mix eggs and beat until foamy. Gradually add sugar. Stir in remaining ingredients. Mix well. Pour into unbaked pie crust. Bake in preheated moderate oven (350° F.) about 45 minutes or until center of pie is firm. Cool. Serve with whipped topping if desired.



This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by M. Katherine Beavers, former Extension foods and nutrition specialist — ENP-A, The Texas A&M University System.